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# Moscow Food Co-operative

April 1997




Community News

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## APRIL 19TH

# Co-op - News

## Show Your Card, Your Card Shows Ownership!

or Why I Want To Show My Membership Card

by Kenna S. Eaton

As a card-carrying shopper at the Moscow Food Co-op, I love to show my membership card to the cashiers. My card shows the cashier that I have invested in this business. I not only shop here, I own part of this store. The card symbolizes many things, but the philosophy of Co-operatives is why I show my card with pride.

Co-ops rely on their owners (YOU) to invest capital and faith. The capital we use to purchase new equipment (like the Bakery cases or the Juice cart). This is a long-term investment.

The faith keeps us going on a daily basis. Faith is translated into a mission statement that guides our daily operations. The faith keeps you shopping here, and ultimately keeps our doors open. As long as our member/owners shop here, we will continue to serve them.

The Co-op supports the community by promoting local businesses—by becoming a member of our Co-op you receive discounts at other local businesses (how groovy!). You also receive a dis-

count on every purchase here, that equals a week's worth of FREE groceries in a year. Many members choose to volunteer at the Co-op and receive an extra discount in return. These are some of the great benefits to being a member. But the greatest benefit of all is the feeling of being part of something different: a business that relies on its owners to be there; a business that carries a different product line, and prides itself on doing business differently. We support local producers; we support "organically-grown;" we support our community by making donations directly to local groups; and we even adopted a section of creek. And, ultimately, we support the community by keeping the money here.

Wow! All that from a membership card? How amazing!

So consider joining us, getting a membership card and being different. Help keep the money circulating in our community, instead of sending it off somewhere else. Your dollars speak loudly. Support the Co-op so it can support you.

## Membership (Meeting) Celebration

by Kenna S. Eaton

If you missed this GREAT party, I'm sorry, but we did warn you!!

This year's meeting was the best ever, and that was the business part. We started with a report by Sandy Stannard, acting chair, on the Board of Directors activities during 1996. This was followed by an introduction of the newest BOD members — Mary Jane Butters, Alan Lifton, Mike Cressler and Nick Ogle. Kenna Eaton gave the report on the Co-op in 1996, highlighting the new equipment at the Co-op bought with members' money. This was followed with an overall state of the Co-op report by Sandy. We kept the business part brief and interesting.

A panel of local producers and manufacturers discussed their products. Each of them brought insight on how the community is important to their continued commitment to making clean, healthy items. Most of the local producers hold other (daytime) jobs, while getting their companies started. As the companies become more successful, the owners then have to decide whether or not to devote all their time to the business. Community support is an essential ingredient in this process. The Co-op promotes local producers as part of the Mission Statement. The panel opened the floor to a lively discussion. Members had a lot of questions and comments for our local producers.

We eventually had to stop the discussion to eat and dance to a local band, The Galactic Tofu Farmers (who will be playing Saturday night at the Renaissance Fair). Great food, great music, great beer, excellent company, who could ask for more?

Plan on joining us next year!!!!

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# Volunteer News

by Kristi Wildung

Volunteers are great. I'm always amazed that our volunteers find time in their busy lives to help us run our store. I know that I have a very hard time making that kind of commitment, so when I meet people who can, it's always very impressive.

I want to say thanks to all of our wonderful volunteers and welcome a few new ones to our team: Abby Johnston and Gary Nyberg are our new produce volunteers on Friday mornings and they'll be helping Becky work through those huge orders we tend to receive on that day. Fosha Bledsoe will be assisting Kelly in the deli on Wednesday afternoons and Greg Fizzell has made Maia's whole year by volunteering to help with produce and the freight shipment on Sundays.

Jeanmarie Simpson has taken on the gigantic task of assisting us in the office (good luck) and Ron Hatley is back with us in the bakery on Friday mornings. Mark Becker has also returned to us as a very experienced produce volunteer on Saturday mornings. If these volunteers are working while you're in shopping, please give them a big Co-op hello?

We still have a few volunteer positions itching to be filled and there's one in particular I'd like to highlight. We need a responsible and organized person to work our demonstration table on Saturday mornings. This job entails a little bit of food preparation and a lot of smiling and conversing with the public. It's fun and fast-paced and we desperately need someone soon! If you're interested please contact me at the Co-op.

# Spring is in the Air!!

by Kenna S. Eaton

Thank goodness Spring is almost here! Without those signs of renewal I think we all might go crazy.

Today it snowed. Yet a robin was perched on the phone line, and the pussy willows were doing their thing—all fluffy and cute in their fuzziness. Signs of spring abound at



the Co-op too. This week The Seed Rack appeared. Garden City Seeds, from Missoula, MT, sent a truck over the snowy mountain pass to bring us their home-grown, hardy, northern-loving seeds. Just in time for us to plant those seeds that need a head start on the season, or for us to brave the mud and plant the spinach seeds out in the garden. The seed rack dominates the produce department for about three months (we wish they would leave it here longer) with promises of lush green gardens and vibrant flowers.

Farm eggs have started rolling into our store just in time for Easter. We have a large supply for eating or decorating (some of the eggs are so pretty you may not even want to color them!!) Supply is still a little erratic, so pick them up when you see them. Local produce is also starting to come in; fresh spinach and lettuce will soon be here.

Customers have started gathering outside to eat their lunches or sip their drinks. In honor of this event the juice cart will return to its outside location the first of May. The hours may be limited (I haven't made a decision yet), but the service and smiles will be the same. We will continue with a commitment to great-tasting, organic, fresh-squeezed juices to delight your palate. So, if you are still a juice wananbe, take the plunge and ask for a sample of o.j. that will make your heart sing!!

Keep looking for signs of spring at the Co-op, and before you know it, it'll be summer!

# The Buy Line

Kim Cantrell

These past few months Kristi and I have been evaluating our product selections and have discontinued many products that have been on our shelves for months or even longer, arrrrgh! But, the bonus is that I've had the chance to bring in new products. Here they are; let me know what you think:

**Knudsen Simply Nutritious Juices—** Along with the Lemon Ginger Echinacea, we picked up Ginseng Boost and Mega C.

**Knudsen Organic Apple Juice—**We are offering these juices in quarts, 1/2 gallons and gallons.

**Gladcorn—**Actually we've had this and it's so good, that now we've picked up a larger size that is located on the chip shelves.

**Nature's Path Muesli—**These are the eco-pac cereals that you all like so well. Try the new Heritage Muesli with raspberries and hazelnuts and the Almond Muesli.

**ORGANIC BABY—**We're replacing the Earth's Best with Organic Baby and we're able to bring it to you at a lower price!

**Sunspire Peanut Drops—**Yummy, you'll find these in the bulk Sunspire display

**Midel—**Along with the gingersnaps they've added 2 new flavors:

Lemon Snaps and Vanilla Snaps. Garden of Eatin' Red Chili Tortillas—Tim, our Sunday freight volunteer tells me these are great and not too hot.

**Organic Island Spring Tofu—**By request, I've picked up the silken firm tofu along with the firm.

**Spectrum Dressings—**These are made with organic vinegar and oil. Try Sweet Onion & Garlic, Southwestern Caesar, Mango Madness or Blue Cheese Style.

**Annie's Balsamic Vinaigrette**  
**White Wave Rice Silk**

**Hansen's Tropical Passion Smoothie**  
**Annie's One-step Pasta Dinners—** Annie's pasta is already my favorite and now there's more! Try Radiatore with Sundried Tomato, Corkscrew with Savory Herb & Garlic, Curly Fettuccine with Cheddar & Broccoli, Penne with Alfredo and Rotini with 4 Cheeses.

**Shaiki Yuzu Lotion—**This smells so great—it's a Japanese citrus. Please ask a cashier if you would like to try a sample!

And these are not necessarily new, but were gone for some time:

Dehydrated Potatoes  
Mung Beans  
Peelu Toothpaste  
Co-op Toothpaste

Look for these new products throughout the month of April:

Pints of Rice Dream Chocolate Chip, Mint Chocolate Chip, and Vanilla Orange Swirl; plus new Rice Dream Ice Cream Pies, in Peanut Butter Cup and Double Espresso Bean!  
Blue Sky Premium Ginseng Beverage in Lemon Ginger and Root Beer.  
Great Eastern Sun Haiku Twig Teas in 4 delicious flavors  
St. Claire's Organic Spearmint and Cinnamon Snaps  
Traditional Medicinals has created 3 new teas: Female Sage, Mucho Mate, and Saw Palmetto Male Toner.

And in answer to your requests:

**Buffalo Milk Mozzarella—**At this time our space is too limited.  
**Organic Valley Milk—**We will continue to carry Stratton's milk. It is fresh, RbGH-free, and local. We would not be able to guarantee the freshness of OV milk, since it would be delivered to us from California, despite its origin.  
**Bulk Almond Butter—**Sorry, way too messy and doesn't sell quickly—hence spoilage.  
**Bulk Salsa—**Spoiled long before the container would empty.  
**Knudsen Cranberry Nectar—** Discontinued due to slow sales, but I can special order it for you.  
**Toby's Tofu Spread—**I'll look for it to come to our distributor, so far it is not available.  
**Traditional Medicinals Think O2 tea—**Okay, I'll try getting it.  
**Sesame Chips—**We do have them, I'll up the order.  
"I Love your cheese puffs" – Thanks-thanks, I do too.  
"How about organic cotton tampons?"—Do you know of a specific brand? I have not seen any available.  
"How about Garlic Pappadums?"—I keep getting requests for these, but we can't get them in the brand we currently have. Do you know a brand that makes them?  
"How come you don't carry Mexi-Burgers anymore?"—Slow sales.  
"Please have mild bean dip in addition to the hot."—I'll consider this. It hasn't been a very good seller and spoilage is an issue.  
"Are the Organically grown coffee beans shade-grown?"—Yes.

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# Money for Nothing and Your Chips for Free

by Kristi Wildung

I was recently given a message through my husband from a member who has decided not to shop here anymore because he says our prices are too high. He's not the first member who has had this perception and I'm sure he won't be the last. At first the whole thing deeply saddened me, primarily because it's simply not true, and secondly, because he didn't talk to anyone on staff about his concerns. He simply chose to fade away and if it wasn't for my husband I would have been none the wiser.

Then, when I started to think about it on a deeper level, it angered me. I will continue to wax defensive about the Co-op forever because people simply have the wrong impression about us. It's a tricky issue. We're not trying to be a super-store chain. We don't lure you in the door with loss-leaders or dull your brain with flashy advertising about products you don't need. We don't send all the profits from your pocketbook to company headquarters never to be seen again. What we do is provide wholesome, alternative food choices to our consumers at reasonable prices and with reduced packaging. Our money, your money, cycles directly back into our Co-op, our community and our planet. That's why we're in business. And I think those things alone are more important than the few pennies you may save by taking your business elsewhere.

It's a conscious decision to shop here. I know that I can go to the "big" stores and get Chef-Boy-Ar-Dee in a can and powdered donuts for pretty cheap. But do I want to? No. Not only do I not want to put that garbage in my body, but I'm one of our many customers who sees the bigger picture, that everything I do and everything I buy is somehow reflected in the world.

Okay. Enough with the soap box. Here's the point. We don't carry the same products that the big chain stores carry. It's hard to compare apples and oranges. We're not mass market, we're a natural foods grocery store. We're a cooperative. We're in business for different reasons. But to deflate our high-priced image, let me tell you a little story. Last fall I was in this same predicament, worrying about

our customer's perceptions of prices, and I decided to do a little price comparing. I went to the flashiest, most opulent store in Pullman, a store that has recently taken an interest in the natural foods market. I took my little clipboard and I looked at their small selection of natural foods along with some packaged products and guess what? If you get rid of the packaging all of their products are wrapped in, we're less expensive. Our herbs and spices in bulk cost about an eighth of what theirs do, not to mention the 600 plus bulk items we carry that they can't touch. Our bread is fresh everyday and actually looks and tastes like bread and our organic coffee products support farmers and workers and the land on which it's grown. On top of that, our toilet paper is more recycled, our produce is fresher and prettier, and our staff is friendlier. Now there's value! What more could you want? If it's money for nothing and your chips for free, I can't help you. But if it's a community of shoppers who care about the environment, their bodies and each other, you've come to the right place. I'm sorry about the member who won't be shopping with us anymore. I really am. We'll still be here, stronger in our cooperative effort with each passing day, should he decide to return.

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# Too Many Organic Carrots?

By Bill London



The Co-op's produce queen, Laura Church, may be overwhelmed with organic carrots this fall. To ensure a supply of the succulent vegetables for Co-op customers (and since the previous supplier, George Hay of the St. Maries area, was unable to supply any carrots at all last year), Laura contracted with Paradise Farm Organics to buy carrots grown in organic Palouse soil.

And what about George? He seems to be getting it back together this year. What if he wants to supply carrots to the Co-op? Could there be too many organic carrots? Is there

such a thing?

Maybe if there are plenty of organic carrots the market would expand. More people could learn of the incredible sweetness of organic carrots harvested in the fall or winter after their energy has focused on building sugar for the long winter. Maybe people would rebel against the commercial, industrial-strength carrots that have all the taste and appeal of kindling. Maybe more people would buy juice—fresh, organic carrot juice.

Maybe we'll see lots of carrots this fall....

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## Volunteer Profile: Jenny Dodds

by Linda Canary

The first thing I noticed about Jenny Dodds was that she was up to her elbows in soapsuds while scrubbing a pot in the Co-op's Deli and yet was still grinning.

"I'll be done in a few minutes," she said. "I just need to mop the floor."

I half expected strains of Cinderella's "Nightingale" to reach me out in the lounge.

When I sat down to talk with this lanky, sweet, twenty-two-year-old from Twin, I asked, "So, why the Co-op?"

And she replied that the first moment she had walked into the Co-op, she knew she had to work there, and had proceeded to apply for every job that came up.

"I applied for four or five of them, and I think they finally decided to hire me because I was around all the time."

She works weekends in the Deli, making wonderful soups, salads, sandwiches, and oaties. But her favorite thing to cook is "chocolate anything!" And, she added, "They're the most fun to eat, too." My sentiments exactly.

Jenny has had quite a rich and varied employment history—from cemetery caretaker (yes, she dug graves), to working in saloons--the Pioneer in Ketchum and the Plantation here in Moscow. She has even been a mother to a baby wolf.

"The litter was taken away before their eyes were open, from an illegal breeder, and so the first thing the cub saw was me, and I bottlefed him and cared for him till maturity."

In fact, this is her dream and true vocation: to someday have a wolf refuge where all the abandoned "pet" wolves can be cared for and protected.

"It's an expensive venture; the whole place has to have high fences because they are such great climbers. They can even open doorknobs."

I immediately thought of Jurassic Park. That was one of the scariest scenes as far as I'm concerned--when the doorknob slowly turned. Auugh!

Anyway, Jenny is studying geology, which reminds me of a geology test I once took that came back with the T.A. having drawn a huge baloney being sliced on it. Very good depiction of a huge

baloney I must admit, especially from a scientist type. Jenny says that science runs in her family: her mother is an earth science teacher, her siblings are geologists, biologists, and fish-and-wildlifists. (I did make that last -ist up in case anyone is out there wondering.)

Right now, Jen is working on a paper about educarons—little, soft-bodied critters that lived before the pre-Cambrian era. I guess their fossils are a recent (1940's) discovery. When I asked how we know they were soft-bodied, I learned that there wasn't enough oxygen back then to develop the calcium needed for a shell. I just left it alone after that, I mean, really, how do those guys know there wasn't enough oxygen back then? Scientific certainty always gets my back up. Besides, it's all so confusing to me—if Einstein is right about time and matter and all that, then how come there's oxygen now if then could be now, too? See? It's a can of worms. So I decided to leave it alone.

Anyway, Jenny described herself as a happy, mellow person, so of course I had to ask her just what did make her mad, anyway?

She immediately replied, "The wolf situation and water quality." She elaborated by saying that wolves have throughout history been given a bad rap, (think Little Red Riding Hood) when actually they are loveable, loyal creatures who deserve a place on the planet alongside us. She wants to be a hydrologist and help clean up the water situation, too. Sounds like a busy future. When I asked her about marriage and kids, she paled and said, "Just wolves, I just see wolves." We laughed. Heck, when I was twenty-two I could've said the same thing and meant something entirely different. (Another historical slur on wolves, I suppose.)

I also asked Jenny if she is a half-full or half-empty glass person, and she said, "Oh, definitely half-full," and her co-worker Annie chimed in, "Absolutely!"

Jen is an avid telemarker and bicyclist, and this summer she plans to tour the west coast from Vancouver, B.C., on south.

"Who will pick you up at the end?" I ask.

She laughs and says, "Oh, I haven't thought of that yet—details, you know." Details? She grins, "I may have to bike home."

Right. Makes sense from a gal

## Newsletter News: Our New Masthead and Other Tidbits

by Kate Grinde

We hope you noticed the newsletter's new masthead. The contest was a success with 7 entries. The winner was Kristina Wentzell. You may have noticed some of Kristina's illustrations gracing the recent issues of the newsletter. We hope you enjoy the new look.

In addition to the new masthead, we have a new advertising person, Tim Lohrmann. We'll tell you more about Tim in a future volunteer profile. If you are interested in advertising in the newsletter, leave a message for TIM in the Newsletter mailbox in the Co-op office.

If you have any suggestion or comments about the Newsletter please feel free to forward them to us via that same mailbox.



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whose favorite quote is "Why sweat the small stuff?"

And I wonder again as I have countless times if it's really true that it's all small stuff, after all?

Editor's Note: We're sorry to say that Jerry's picture was eaten by the camera! We'll feature it next month.

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## Carrots, Carrots, and More Carrots

by Pamela Lee

I love carrots! I love juicing, eating both raw and cooked fresh, crisp and sweet, locally-grown, organic carrots. I am not inspired by wizened, mass-produced orangish vegetables that impersonate carrots, but actually taste bland and fibrous. I don't know where these disappointing carrot-ghosts fail—whether the shortcomings are a result of storage and shipping procedures, or if it all begins with depleted soil. I just don't know. But, my palate can clearly distinguish the difference.

Carrots may be one of the earliest foods eaten by humankind. Thought to be native to Asia, carrots were cultivated in the Mediterranean region centuries before Christ was born. Carrots were one of the vegetables that Charlemagne ordered to be planted throughout his vast domain. The English introduced them to the New World when they settled on this continent.

Your mother may have told you to eat your carrots, that they'd help you see in the dark. Widely believed to improve eyesight, British officials issued carrots to their World War II night fighter pilots. Carrots owe their sight-improving power, and their distinct color, to beta-carotene: a vitamin A precursor. The liver easily converts beta-carotene (also called "pro-vitamin A") to vitamin A. Unlike synthetic vitamin A, which is toxic if taken in high doses, beta-carotene from food sources is entirely safe, even in large amounts. Besides ample amounts of beta-carotene, carrots also provide vitamins B, C, D, E, as well as calcium, phosphorous, potassium, sodium, trace minerals, and dietary fiber. Carrots' green tops provide vitamin K, which is lacking in the carrot itself. In the past, I've discarded the carrots' lovely green foliage. Having just learned about their vitamin K content, this summer I intend to experiment with ways to use the green top. (I've read that the bitter greens can be added to a dish and cooked briefly, to extract nutrients, then removed before serving.)

Carrots are wonderfully versatile. They are sweet and delicious

eaten raw—just plain or grated into salads. They can be boiled, steamed, or braised in a bit of stock, oil, or butter. They are an important foundation vegetable in making stocks, stews, soups, and casseroles. And, last but certainly not least, carrots make a lovely moist cake. In this article I'll include recipes that run the gamut from juice to dessert. But first, some tips.

When purchasing carrots, look for smooth skin, good orange color and well-formed vegetables. Don't purchase carrots that are droopy or soft. I've found that carrots keep best in the bottom of the refrigerator, stored in Ziploc perforated plastic vegetable bags. When storing, keep carrots away from fruits and tomatoes, which hasten spoilage by giving off ethylene gas. If you purchase fresh bunched carrots and are storing them in the refrigerator for longer than a day, remove the green tops. If stored intact, the tops will drain the carrots of moisture.

Truly fresh carrots, or baby carrots, can be scrubbed and eaten unpeeled. Since I've become terribly sensitive to mold and microbes, I peel winter carrots (that have been stored) before I eat them. If a carrot has split in storage, I also peel the exposed parts of the crevice. But, if you do peel, peel lightly; the skins contain 10% of all the nutrients found in the carrot. If your carrots become slight limp in the refrigerator, you can crisp them by peeling them and then submerging them in cold water in the refrigerator. But, don't keep them submerged too long or you'll lose valuable vitamins to the soaking water.

### Carrot Juice

Carrot juice is the mainstay of vegetable juices. One pint of fresh carrot juice contains more than 20,000 international units (IU's) of beta-carotene (pro-vitamin A), plus healthy doses of all the other vitamins and minerals found in fresh, uncooked carrots. Carrot juice is said to have a tonic and cleansing effect on the liver. With regular use,

carrot juice helps the liver release stale bile and excess fats. Carrot juice is also praised for being beneficial to skin, hair, nails, bones, and teeth. Carrot juice can stimulate digestion, and soothe and tone the intestinal walls. You've heard tales of turning orange from consuming too much carrot juice? Well,

it is true that drinking more than five glasses of carrot juice in a short span of time can cause the skin to yellow, but if your carrot juice is a part of a wholesome, healthy and varied diet, there is no harm in imbibing. If you concede that carrot juice may be healthful, but the taste seems lacking—I agree. I use carrots as the foundation of a mixed vegetable juice. My favorite juice is a blend of carrots, tomatoes (when in season), lemons, celery, and red bell peppers. I add other ingredients to suit my taste or as I have them: fresh, peeled ginger root, scallions, sometimes an apple or orange, a bit of parsley, chives, or arugula, or part of a beet.

Though I've had my Champion juicer since the 70's, I pulled it out and started regular juicing again a few years ago when I was sick and could no longer tolerate vitamin supplements. I've since read, in books devoted to juicing, that our bodies are able to assimilate the vitamins and minerals from fresh foods much more readily than those found in supplements. Fresh juice is a way to consume substantial amounts of the natural nutrients found in fresh fruits and vegetables. Though friends and family consider me something of a trencherman, even I cannot consume the daily amount of vegetables that I use to concoct juice. Sure, I lose the fiber, but the juicer extracts the essential vitamins and naturally chelated minerals that I'm after. One pint of fresh vegetable juice, supplies the same live vitamins, minerals, and enzymes found in two very large

vegetable salads.

A word of caution: Fresh juices contain highly-concentrated sugars and starches that can ferment in the digestive tract if you take your juice with solid foods. The juice can ferment when it gets backed up in the intestines, waiting for solid food to be digested. This is not good, and can lead to digestive upsets.

The standard recommendation is that it is best to drink fresh juice on an empty stomach—either one-half hour before meals, one-half hour after meals, or between meals. Since my meals tend to be substantial, I drink fresh juice either one hour before meals or between meals on an empty stomach.

### Creamy Spicy Parsnip-Carrot Soup

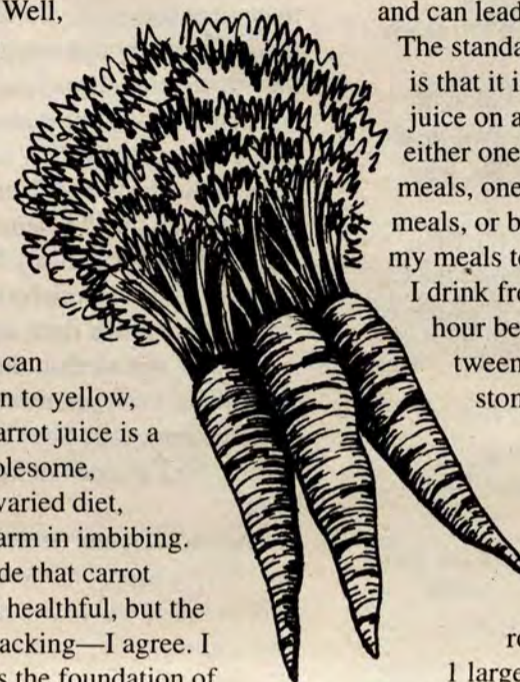
1 T. oil, preferably walnut or roasted peanut oil  
1 large leek, trimmed, halved lengthwise, sliced and rinsed  
1 T. curry powder  
1 1/2 t. kosher salt  
1/8 t. ground cayenne, or to taste  
1 lb. parsnips, scrubbed, trimmed and sliced (3 cups)  
3/4 lb. carrots, peeled, trimmed and sliced (2 cups)  
1/3 cup rolled oats  
6 cups water  
3 T. reduced-fat sour cream  
6 T. chopped fresh cilantro

1. In a Dutch oven or heavy casserole, heat oil over medium heat. Add leeks and cook, stirring, until slightly softened, about 5 minutes. Add curry powder, salt and cayenne and cook, stirring, for 1 minute. Add parsnips, carrots, oats and water and bring to a boil, stirring. Simmer, partly covered, until vegetables are soft, about 30 minutes. Let cool slightly.

2. Transfer solids to a blender or food processor. Puree, adding liquid gradually. Adjust seasonings. Return soup to pot and reheat. Ladle into bowls and top each with 1/2 tablespoon sour cream and 1 tablespoon cilantro. Serve immediately.

Makes about 7 cups, for 6 servings. 135 calories per serving.

From Eating Well Magazine,



**Roasted Vegetable Broth**

- 1 t. vegetable oil
- 8 large carrots, peeled and cut into large pieces
- 2 large onions, peeled and quartered
- 2 turnips, peeled and halved
- 1 clove garlic, peeled
- 3 quarts plus 1 cup cold water
- 1 clove
- 1 sprig fresh thyme
- 1 t. grated fresh ginger

1. Preheat the oven to 400 F.  
 2. Lightly oil a baking pan or cast-iron skillet and fill with carrots, onions, turnips, and garlic. Roast, turning frequently, until well caramelized, about 45 minutes to 1 hour.  
 3. Transfer the vegetables to a soup pot. Place the roasting pan over medium-high heat, add 1 cup of water, and scrape the bottom with a wooden spoon to loosen bits stuck to the pan. Pour into the soup pot. Add 3 quarts of water, the clove, and thyme and simmer for 2 hours.

4. Remove from heat. Add the ginger. Allow the broth to stand for 1 hour. Strain and discard the vegetables. The broth will keep in the refrigerator for up to 1 week. It can be frozen for up to 2 months.

From A Well-Seasoned Appetite, by Molly O'Neill

**Sweet and Tart Carrot Salad**

- 7 medium carrots, finely grated
- 1/2 cup raisins
- 1 t. minced lemon zest
- 1 T. freshly squeezed lemon juice
- 1 t. minced orange zest
- 1/2 cup freshly squeezed orange juice
- salt (optional)
- 1/4 cup walnuts, toasted and coarsely chopped

1. Combine all the ingredients except the walnuts in a medium-sized serving bowl, and toss well. Taste for seasoning. Chill for 30 minutes if desired.

2. Sprinkle with the walnuts, and serve.

Note: To toast walnuts, preheat the oven to 350 F. Place the nuts in a baking pan large enough to hold them in a single layer and toast, stirring once, until they give off a toasted aroma, 10 to 15 minutes.

From the Farmhouse Cookbook, by Susan Herrmann Loomis

**Steamed Carrots with Sesame Vinegar and Cilantro**

- 2 t. finely chopped fresh cilantro
- 1 T. finely chopped fresh ginger

- 1/2 t. sesame seeds, toasted
- 1/2 cup rice wine vinegar
- 1/4 cup fresh orange juice
- 2 T. brown sugar
- 8 carrots

Combine all ingredients except the carrots and set aside.

Cut the carrots on the diagonal in 1/4-inch slices. Steam them in a steamer basket over boiling water until just tender, approximately 10 minutes. Do not let the carrots get mushy. Remove them from the steamer and toss with the sweet vinegar mixture. Serve hot or chilled. Makes 6 servings.

From Kitchen Garden Magazine, February/March 1996

**Spicy Carrot Fritters with Fresh Salsa**

*Fresh Salsa:*

- 3 tomatoes, diced
- 1 small red onion, diced
- 1 jalapeno, minced
- 2 T. finely chopped fresh cilantro
- Salt to taste

*Spicy Carrot Fritters:*

- 2 cups shredded carrots
- 1 large potato, grated
- 1/4 c. chopped green onion tops
- 3 eggs, lightly beaten
- 1/4 cup heavy cream
- 1/4 cup flour
- 1 t. red pepper flakes
- 1/2 t. salt
- Vegetable oil for frying

Combine all the ingredients for the salsa and set aside.

Combine all the ingredients for the fritters. The batter will be loose. In a large skillet heat 1/4 cup of oil over high heat, but don't let the oil smoke. Use a 1/4-cup measuring cup to scoop out the batter. Put as many fritters in the pan as will fit without crowding. Cook them until golden brown on both sides. Remove the fritters from the skillet and place them on a paper towel. Repeat with the remaining mixture until all the fritters are cooked. Top with salsa and serve. Makes 10 fritters.

From Kitchen Garden Magazine, February/March 1996

**Byzantine Pilaf**

- 3/4 t. ground allspice
- 1/2 t. ground cumin
- 1/2 t. ground cardamom
- 1/4 t. crumbled saffron threads
- 1/4 t. salt
- 1 T. unsalted butter
- 1 T. olive oil
- 1 cup coarsely chopped onion
- 2 T. minced garlic
- 4 medium carrots, peeled and cut into 1/4-inch dice

- 1 1/2 cups long grain rice
- 3 1/2 cups defatted chicken broth
- 3/4 cup dried cherries

1. Mix the allspice, cumin, cardamom, saffron, and salt together in a small bowl. Set aside.

2. Heat the butter and oil in a large heavy pot over low heat. Add the onion and cook, stirring occasionally, until slightly wilted, about 5 minutes. Add the garlic and carrots and cook for 5 minutes longer.

3. Add the spice mixture and cook for 1 minute, stirring constantly, to mellow the flavors.

4. Add the rice and cook for 1 minute, stirring constantly, to combine all ingredients well. Stir in the chicken broth and cherries. Increase the heat to medium-high and bring the rice to a boil. Reduce the heat, cover the pot, and cook until the liquid is absorbed and the rice is tender, about 15 minutes. Serve hot.

Serves 6.

From Sheila Lukins' All Around The World Cookbook.

**Carrot Casserole**

- 2 1/2 cups finely diced carrots
- 1 small onion, finely chopped
- 1/2 cup water
- Sea Salt to taste
- 1 T. raw sugar or honey
- 1/4 cup soy grits
- 2 T. snipped fresh dill weed
- 1/4 cup sunflower seed kernels
- 1 egg, lightly beaten
- 1/4 cup sliced blanched almonds

1. Place carrots, onion, water and salt in a saucepan. Bring to a boil, cover and simmer until carrots are barely tender, about 20 minutes.

2. Preheat the oven to 350 F.

3. Stir sugar, soy grits, dill weed, sunflower seed kernels and egg into cooked carrot mixture. Turn into an oiled baking dish. Sprinkle with almonds. Bake 15 minutes.

Yield: 4 servings

From The New York Times Natural Foods Cookbook, 1972, by Jean Hewitt

**Grilled Chicken Breasts on Carrot and Green Onion Confits**

Note: Reduced to their essence with a bit of butter, olive oil, and sugar, carrots and green onions make simple confits. They can either be eaten on their own or used, as they are here, as a bed for grilled chicken breasts or other meats. The tarragon that seasons the chicken goes particularly well with the carrots and onions.

**Marinade:**

- 2 T. chopped fresh tarragon
- 2 T. olive oil
- 1 T. fresh lemon juice
- 1/4 t salt
- 1/4 t. freshly ground black pepper
- 4 whole chicken breasts, skinned, boned, and split
- 1 large bunch carrots (~ 12)
- 2 bunches green onions (~ 12)
- 2 T. butter
- 4 T. olive oil
- 1 T. sugar
- Salt and freshly ground black pepper to taste
- Carrot and green onion slivers for garnish

Mix all the marinade ingredients together in a small bowl. Arrange the chicken breasts in a shallow dish and brush them with the marinade. Set the chicken breasts aside while you prepare the vegetable confits.

Remove the carrot tops and cut the carrots into 1/4-inch thick slices. Cut the onions into 1/4-inch slices also, including 4 inches of the green tops.

Put 1 T. of the butter and 2 T. of the olive oil into a saucepan and heat over medium heat until the butter melts. Add the carrots, turning them to coat well. At the same time, in a second pan melt the remaining 1 T. butter with the remaining 2 T. olive oil over medium heat. Add the onions, turning them to coat as you did the carrots. Reduce the heat to very low and cook until both the carrots and onions are very tender and soft but not mushy, 30-40 minutes. Add 1/2 T. of the sugar to each pan and cook the carrots and onions until they begin to glisten and melt slightly, 5-10 minutes.

Meanwhile, prepare a fire in a charcoal grill or preheat a broiler. During the last 15-20 minutes that the confits are cooking, arrange the chicken breasts on a grill rack or a broiler pan and grill over a medium-hot fire or broil for 5-7 minutes on the first side. Turn the chicken breasts and cook 4-5 minutes longer.

To serve, warm the dinner plates. Spread half of each plate with a portion of carrot confit; spread the other half with a portion of the onion confit. Top each confit bed with a grilled chicken breast. Garnish the plates with fresh carrot and onion slivers.

Serves 4.

From Potager, Fresh Garden Cooking in the French Style, by Georgeanne Brennan

(Continued on page 10)

# April Specials



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# April

by: Robin Murray

## Kids page

### Did you know...

You can plant trees, but you'll never plant a forest: Just because a forest is more than just trees, it's a complex system of live trees, dead trees and all the other plants and animals and bugs that live there!



LOOK FOR THESE BOOKS AT THE LIBRARY: The Lorax by Dr. Seuss



Remember to plant a tree on Arbor Day Friday, April 25th!

# Try This:

Make a

## Pine Scented Satchel

you'll need:



pine, fir or balsa needles  
string  
scissors  
an odd sock (no holes!)  
ribbon



- ① To dry needles, hang branches from string in a dry place for a week or until dry. Then remove needles from branches.
- ② Cut top off of sock. Fill with pine needles.
- ③ Tie securely with ribbon. Place in a drawer or closet to give clothes a fresh pine smell!



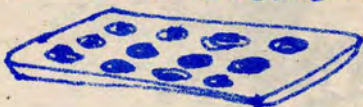
## A Recipe:

### Maple Cookies

- 1/2 cup margarine
- 2 cups flour
- 1 cup sugar 1 egg
- 3 table spoons maple syrup
- 1/2 tsp. cinnamon
- 1 1/2 tsp. baking powder
- 1/2 tsp. baking soda



Cream margarine & sugar. Mix in maple syrup and egg. Stir in flour, cinnamon, baking soda and baking powder. Roll into one-inch balls. Bake on a greased baking sheet at 350° for 10 to twelve minutes



BE SURE TO ASK PERMISSION BEFORE USING THE OVEN.

## Just for Fun!

### FILL IN THE BLANKS



- ① This food comes from inside pine cones: \_\_\_\_\_
- ② This spice comes from the bark of a tree: \_\_\_\_\_
- ③ This herb comes from the leaf of a tree: \_\_\_\_\_
- ④ This food grows on trees and makes great pie! \_\_\_\_\_

ALL THESE FOODS CAN BE FOUND AT THE COOP!



Answers: ① pine nuts ② cinnamon ③ bay leaves ④ apple

**Arthur Gordon's Carrot Cake**

- 1/4 lb. butter
- 1/4 cup oil
- 3/4 cup honey
- 1/2 cup molasses
- 4 eggs
- 2 T. vanilla
- 1 1/2 cups white flour
- 2/3 cup whole wheat flour
- 2 t. cinnamon
- 1/2 t. nutmeg
- 1/4 t. cloves
- 2 t. baking powder
- 1 t. baking soda
- 3/4 t. salt
- 2 1/2 cups grated carrots

Melt butter and blend with oil, honey and molasses. Add eggs and vanilla, beat well. Stir in the flours and spices, leavenings and salt. Add carrots and stir to distribute evenly. Spread into 2 greased, 8-inch round pans. Bake in a 350 oven for 45 minutes. Spread Cream Cheese Icing over center, top and sides.

*Cream Cheese Icing*

Mix together 1 lb. cream cheese (softened), 1/2 lb. butter (softened) and 1/2 cup honey until blended.

From *The Irregardless Cooks*, by Arthur Gordon, Ten Speed Press

# Lecithin - A Cell Builder

by R. Ohlgren-Evans

Lecithin is a naturally-occurring substance found in animals and plants, and a good amount of lecithin in the diet is essential.

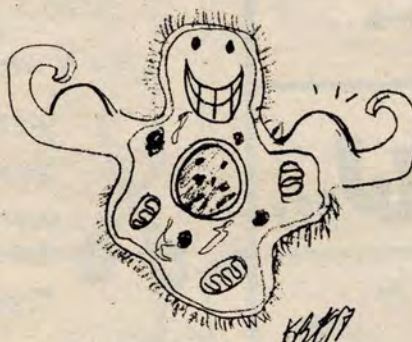
Lecithin is produced daily by the liver, if diet is adequate, and is needed by every living cell in the human body. Cell membranes that regulate which nutrients may leave or enter a cell are largely composed of lecithin—without lecithin, a cell membrane would harden.

Lecithin is a rich source of essential fatty acids—it acts as an emulsifying agent, enabling fats such as cholesterol and other lipids to be dispersed in water and removed from the body. Lecithin in

the diet protects vital organs and arteries from fatty build-up—it can protect arterial congestion. It also helps distribute bodyweight, in-

creases immunity to viral infections, cleans the liver and purifies the kidneys. It also helps the body utilize vitamins A, C, E, and K, and is high in phosphorus.

Lecithin can be found in high concentrations in soybeans and egg yolks. As a nutritional supplement, commercial lecithin is extracted from soybeans and is commonly available in liquid, softgels and granular or powder form. It is often added to breads and baked goods as an emulsifier and preservative.



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-anonymous-

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**General Board of Directors**

4th Thursday  
5:30 p.m.

**Nomination**

1st Tuesday  
4:00 - 5:00 p.m.

**Finance/Legal**

1st Tuesday  
Noon - 1 p.m.

**Education/Outreach**

1st Friday  
Noon

*Everyone is Welcome!*



# Friends & Family

## Teaching Children to Clean

by: Robin Murray

Most of us who hate cleaning learned that hatred at an early age. We sat in the middle of our messy rooms, while Mom or Dad stood in the doorway declaring we couldn't leave until it was all picked up. The battle of the wills began. But believe it or not, cleaning can be fun and rewarding for children. How you make it fun depends on the age of the child.

For young children, you must take into account their short attention span and inexperience at task analysis. Avoid giving them vague directives like "clean your room," or "pick up your toys." Instead, give them specific tasks. Try telling them to "find all the clothes and put them in this basket," or, "collect all the dolls and put them on this shelf."

This approach turns picking up into a sorting game and clarifies

what you expect. Be sure to offer praise and appreciation as each task is completed.

Make sure you expand young children's cleaning experience beyond just their own messes. It's never too early to teach children that some things are everyone's responsibility and there are many ways to include small children in general household cleaning. Put them in charge of running ahead of the vacuum cleaner looking for small objects that may get caught in the vacuum. While you are doing general housework, give them a sponge and a spray bottle and have them clean fingerprints off the walls. For children under six, worry about the process more than the product—in other words, don't assign them any task where cleanliness is truly important.

Six- to ten-year-olds can handle more productive jobs, but remember to still assign small tasks or groups

of tasks. Be specific about what you want them to do. If they have never done something before, or haven't done it in more than a month, talk them through it step by step. For example, instead of just "wash the sink," be sure to say, "move the soap dish and toothpaste off of the sink, spray cleaner all over the top and inside of the sink, then use the sponge to wipe the cleaner off..." As always, be liberal with praise for a job well done (or valiantly attempted!).

Another way to make cleaning



easier is to take preventative measures against messes. The worst mess-cause is the toy box. Inevitably, the toy they want is on the bottom and all the others have to come out to get at it. Ban the box! Replace it with several small tubs and some shelves to put them on. Each tub holds one type of toy. Next, make a rule that the last tub of toys must be put away before another one comes out, unless of course the toys are going to be used interactively, such as building a block house for the dolls to live in. There is no "saving for later." The sooner you initiate this policy the better, but most children not only get used to this but actually like it after a few weeks.

About the time your child's age turns to double digits is the time to start phasing out your active involvement in how their room is kept. Learn to just close the door. You can set the standards for the cleanliness

of the rest of the house, but they need to have some space over which they have complete control, especially as they move into the teen years. Although their tolerance for mess and chaos may be higher than yours, sooner or later they will reach their limit and clean it up. Whatever you do, don't clean it yourself! This either promotes laziness or is a deep invasion of privacy. Either way, the result is the same—they won't clean their room.

To get most teenagers involved in general house cleaning, one of the best strategies is to put them in charge. Ask them to make a list of everything that needs to be done on a weekly

basis. (e.g. vacuuming the living room; cleaning the bathroom fixtures...) Then ask them to divide those tasks up into as many equal groups

as there are mature cleaners in the household, setting aside simple tasks like window washing for the younger family members. Finally, ask them to pick a specific weekly time during which the whole family will stop and clean together. When "cleaning time" arrives, ask them which task group they want you to do. Rotating who does which tasks is often the fairest way to go, but let the teenager(s) make the assignments. Also make sure you all agree ahead of time what happens when someone has a scheduling conflict with family "cleaning time" so everyone knows what's expected of them.

Remember your kids are never too old for your open admiration and appreciation of a job well done. The tasks they do to earn praise may get more complex, but they still need and deserve to hear the words "Good job!" and "Thank you!"

## Spring Cleaning

by Robin Murray

It's springtime again! That means time for flowers and for spring cleaning! Now, I must confess, cleaning has never been one of my favorite activities, so I'm always on the lookout for anything that will make it easier. I've compiled a list of my favorite helpful cleaning tips which I clipped from magazines, heard from someone else, or discovered along the way:

1. If you get too bored cleaning house, play a book on tape while you work. It keeps your mind occupied while your hands scrub away! Too, loud, vigorous music can stir one's cleaning energies.

2. To sweep cobwebs from the ceiling, tie a pillowcase over the bristles of your broom. When you're done, you can simply toss the pillowcase in the laundry instead of trying to peel sticky webs off the bristles.

3. To remove tough rust and hard water stains from porcelain bathroom fixtures, use a pumice stone.

4. To keep your vacuum cleaner from getting that dusty smell, pour a little baking soda, carpet powder, or pot pourri into the bag.

5. Before using your spray cleaner and cloth, use a piece of damp toilet tissue to wipe up the hair that inevitably sticks to every surface of the bathroom.

6. To get calcium deposits out of your shower sprayer holes, tie a plastic bag filled with vinegar around the shower head and let it soak for several hours.

7. To clean mini-blinds, put a removable shower curtain rod (the spring loaded kind) over the middle of your bath tub. Partly fill the tub with soapy water. Wash the blinds and then hang them to over the rod. Rinse them with the shower and then let them drip dry.

8. Cut up worn-out flannel pajamas or old diapers for cleaning cloths. They're good for almost every job and are far superior to paper towels!

# Nurturing Nature

## Hardening Off Plants

By E. Lark

In gardening, the term "harden off" is used for the process of adapting plants to a new environment. It is an important process because plants are weakened by being transplanted. By allowing them to gradually adapt to a new environment before transplanting, you will increase their chance of surviving. Here, I will describe some of the basic methods for hardening off plants outdoors.

It is essential that you understand that hardening off tender plants will not keep frost from killing them. On the other hand, hardening off will enable them to withstand much lower temperatures than they might otherwise. For instance, a tomato plant will still be killed by a hard frost, but I have had them withstand temperatures that are between 33 and 40 degrees Fahrenheit, after being hardened off.

Sun can also be harmful to plants that have been raised primarily indoors. In addition to dehydrating a potted plant, sun can burn it. After all, sun can give you a pretty bad sunburn, so it should be no surprise to find that a plant can get one too. What this means, is that you need to be careful about how much sun your plants get at any one time—at least at first.

A young plant can also be dehydrated or broken by wind. So protection from a lot of wind is good at first. However, exposure to wind makes a plant sturdier, so plants need to get used to it.

To harden off tender plants, you should first move the plants into an unheated room where they will get sun. A garage with windows is fine. I use a small porch like room with plenty of sun. In general, windows will not let enough sun hit the plants to burn them, but if you think that they might get too much sun, don't put them there for more than a few hours a day. Increase the hours that the plants are in the room gradually. If you work, this can require some thought, but you might start by putting them in the room for a couple of hours after you get home. Then you might gradually increase the time over a weekend, or by

leaving them in the room longer in the evening. If it is cold at night, they shouldn't be left overnight in the room at first, but should be brought in. By gradually extending the hours that the plants are in the room, they will adjust to colder temperatures, and brighter light. Then you might try adapting them to the outdoors.

Hardening off plants outdoors requires keeping an eye on both the weather and your plants. Never expose frost-tender plants to frost. On a sunny, dry day you would need to put the plants out for only a couple of hours, to prevent them from sunburn and dehydration. Then, this could be increased gradually as in the method above. As I write this, it is perfect weather for hardening off plants outdoors: rainy with temperatures in the sixties, and little or no wind. However, it is only the end of March. I will be watching the weather and my plants for another month or so until it's safe to transplant them into the garden.

### Web Site of the Month

<http://www.vcu.edu/news/rec.gardens.html>

### Things To Do in the Garden: April

1. Dig for construction of garden structures.
2. If soil isn't saturated, dig new beds.
3. Plant dormant perennials, trees, and some cool-season vegetables such as lettuce and greens, onions, snow peas.
4. On warm days, seedlings can be "hardened off" outdoors.
5. Check the lawn for bare patches and problems. Depending on the weather, you may be able to reseed or repair it at this time.
6. Fertilize lawn.
7. Start weeding.
8. Check for damage to plants.
9. Check fruit trees for damage and pests. Spray if necessary (dormant oil).

## Calendar of Environmental Events

Courtesy of PCEI

April 3 (Thursday) Aerial Application of Pesticides. Time: 7:00 to 9:00 p.m. Place: Moscow Community Center (Moscow City Hall, on 3rd Street and Washington). Cost \$3.00. Join us for a "Just Desserts" round-table discussion of aerial application of pesticides on the Palouse. Learn about what is sprayed, when, and why, community concerns, state regulations and who to contact for more information. Panel members include a local aerial applicator, a concerned Palouse resident, Moscow farmer, and a representative from the Washington State Department of Agriculture's Pesticide Division. Fresh-brewed coffee, tea, and a wealth of gourmet desserts will be served. For more information, please contact Colette DePhelps or Kathy Lester at the PCEI office, 882-1444 or [pcei@moscow.com](mailto:pcei@moscow.com).

April 4 (Friday) Dance Like a Tree. Time: 7:00 p.m. Place: Moscow Community Center (3rd & Washington). Cost: \$3.00. Texas Tea and the Galactic Tofu Farmers will play music that will make you want to dance your roots off! In honor of Arbor Day's 125th anniversary, all proceeds from the dance will be used for the purchase of trees for Moscow. Presentations will be given by the City of Moscow, Earth Awareness, The Arbor Day Society, and The Young People's Tree Alliance. For more information, please contact David Vollmer, 882-6183.

April 5-6 (Saturday-Sunday)

Paint the Palouse. Time and place to be announced. Paint the Palouse is a community service project where two or three houses in Moscow are painted by volunteers using supplies donated by local businesses. The goal of the project is to help homeowners who are physically or financially unable to paint their own homes. A free dinner, complete with entertainment (African and Caribbean dancers) will be provided Friday, April 4th at 5:00 p.m. For more information, please call Paul Wheeler, 885-8070 or Marya Bruning, 885-0550.

April 19 (Saturday) Paradise Creek Clean-up. Time: 10:00 a.m. Place: SUB. Help clean up Moscow's major waterway! Adopt-a-Stream participants are encouraged to clean up their section of stream on this day and can use the dumpster provided at the Latah County Fairgrounds. Other interested parties can come to the University of Idaho's Student Union Building (SUB) at 10:00 a.m. Individuals and groups are welcome! Adam Thornbrough will designate a section of stream for you to clean up. Please bring garbage bags and gloves. Be prepared for any weather—last year it snowed! There will be a dumpster at the Latah County Fairgrounds that everyone can use for disposing of the trash found along the creek. If you have any questions, please contact Adam or Kathy at the PCEI office, 882-1444, or [pcei@moscow.com](mailto:pcei@moscow.com).

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## Cover Story Don't Forget Creek Clean-up

by Kristi Wildung

I know it's spring today because the sun is shining (of course it's a Monday) and the temperature is soaring in the mid-50's. So what am I doing sitting at this computer instead of soaking up some rays? I'm here to remind you to do your part to clean up our community by volunteering your time for the annual Latah Creek Clean-up. We'll be gathering at the Co-op around 9 AM on Saturday, April 19, to show our civic pride and have a little fun. My husband and I will be there (although he doesn't know it yet) along with the Co-op staff and friends. Wear something grungy and bring any tools that may aid in the effort. The project will last about three hours and I know the Creek will thank us, especially after all the flooding we've had recently. Hope to see you there.



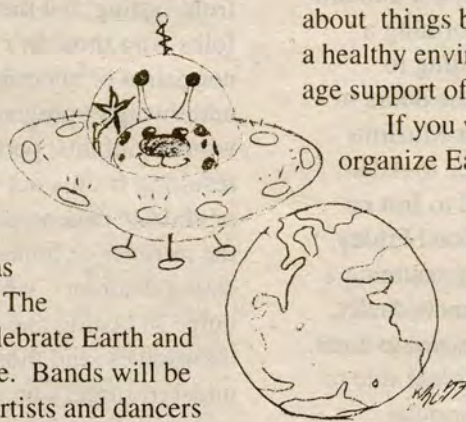
## Calling All Earthlings!!!

by Garrett Clevenger

You are invited to join us for Earth Fest, a gathering of people desiring to increase the level of respect for and awareness of Earth. The weekend festival will be held April 26 and 27 at East City Park in Moscow, Idaho from 10 am to 9 pm.

Earth Fest has three intentions. The first goal is to celebrate Earth and the beauty of Life. Bands will be playing all day, artists and dancers will be displaying their talents, skits will be performed, activities for children (young and older) will be held, workshops will be taught, and vendors will be selling tasty vegetarian foods. The intent is to have a good time while honoring Earth.\*

The second goal is to increase awareness of environmental issues. Groups from around the region will be displaying information. Speakers will be addressing various issues.



The intent is to realize that there are problems that need to be solved.

The third goal is to promote sustainable alternatives. Companies will be selling Earth-friendly products. Researchers will be displaying projects they are working on to help promote a sustainable future. The intent is to educate the public about things being done to develop a healthy environment and encourage support of these industries.

If you would like to help organize Earth Fest, if you have any ideas on what else to include, or if you know of any organizations that fit the description of above goals, please let us know.\*\* We want this to be a broad-based community event because we all live together. We all should appreciate Earth.

Call Garrett at 882-4329 or e-mail [garrett@wsunix.wsu.edu](mailto:garrett@wsunix.wsu.edu).

Earth Fest

\*Known as the Hemp Fest in the past, we are looking to broaden our scope and appeal to people of all ages and persuasions.

\*\*We still have room for additional crafts booths or vendors.

## Turn Off That TV!

(A how-to, not a why-to)  
by Bill London

This month, why not hide that TV for a week—the week of the National TV-Turnoff? You might find yourself talking to your family, playing games with your children, or enjoying family outings in the spring.

National TV-Turnoff Week is April 24 through 30. If you unplug that TV, you will be joining the approximately 2 million other Americans who are choosing not to watch TV that week.

And, you might make a small impact on the shocking statistics about the amount of TV consumed in this country. Did you know, for example, that the average American kid sees 20,000 30-second commercials every year? Or that the number of TV commercials seen by the average American by age 65 is now 2 million?

So go TV-Free. Try a book, or a walk, or a game of Scrabble instead.

For more information, contact TV-Free America at 1611 Connecticut Avenue NW, Suite 3A, Washington DC 20009, (202) 887-0436.

## Celebrate Spring at the Renaissance Fair

by Kellie Tormey

Celebrate the arrival of spring at the 1997 Moscow Renaissance Fair on Saturday, May 3 and Sunday May 4 at East City Park in Moscow. Festivities will take place from 10:30 a.m. to dusk and admission is free.

Throughout the weekend choose from entertainment offered at one of the two stages featuring headliner acts guaranteed to make you feet tap. Or, visit the craft booths offering wares from top-notch artisans from throughout the region. Then refresh your spirits at the food booths, offering a variety of interesting food and beverage selections. All food booths are operated by non-profit community groups from the area.

The children's area will keep youngsters busy with activities like face-painting, costume-making and crafting. Storytellers, jugglers, clowns and mimes will also entertain.

### A Fair for Trees

In honor of the 12th anniversary of Arbor Day, the Moscow Renaissance Fair has adopted the theme of trees this year. Compliments of the tree committee for Arbor Day. Fair attendees can learn more about care and planting during demonstrations. The children's area will also feature tree-related entertainment by local school kids.

At its volunteer dance on April 4th, fair organizers raised funds for the Moscow Parks & Recreation Department for the purchase of park trees. "We couldn't be happier with the response we have received from the Fair committee," Roger Blanchard, Moscow's Parks/Facilities Manager. "We asked if they would plant a tree in honor of the anniversary of Arbor Day. The Fair (committee) not only agreed to plant

the trees, but went on to embrace the tree's as the theme for this year's celebration."



# A Clean, Fast Break

by L. L. Lundstedt

Editor's note: The following article is for informational purposes only. When dealing with matters of health, please consult your health care provider.

Spring! A time for throwing open the windows, hanging laundry on the line, and giving the furnace a break. While you're busy giving your house a good cleaning, don't forget to give yourself one too. Spring is a good time to give your body a break from digesting all those comfort foods you've been scarfing down all winter: it's time for a juice fast!

Many people undergo juice fasts, sometimes to treat a minor medical condition, but also to maintain good health.

## Why People Fast

There's nothing new about voluntary fasting. It's been done for various reasons for centuries. For example, the ancient Egyptians fasted three days a month to maintain good health and youthfulness. Ancient Greeks fasted, including the mathematician Pythagoras, who undertook 40-day fasts to assist the mental processes. The ancient Romans, including Plato and Socrates, would fast for ten days, and Plutarch believed fasting was better than taking medicine. Avicenna, the ancient Arab physician, prescribed fasting for all complaints. Moses fasted 40 days and nights on Mount Sinai before receiving the Ten Commandments. Jesus fasted for 40 days before beginning his public ministry. The Zens fasted every fifth day, the ancient Syrians every seventh day, and the Mongolians every tenth day. North American Indians often fasted before a hunt, and the Pilgrims at Plymouth had fasting days.

Many people are familiar with the religious aspects of fasting. According to Dr. Muhammad Amjad Tariq, "Fasting as a religious practice, in one form or another, has been prescribed or recommended by religions of the world as it is recognized that a certain degree of abstinence from worldly and physical inclinations is conducive for spiritual development."

Fasting expresses the humbling of the self and enables one to empathize with others who suffer. It's also a practice of self-control that empowers one to resist tempta-

tion or, in some faiths, even the devil himself.

When a fast is undertaken for religious reasons, it is accompanied by religious practices. The time spent in preparing and eating food is now spent in meditation and prayer. For instance, during the month of Ramadan, practicing Muslims (with few exceptions) must fast from dawn to dusk every day for a month or compensate by performing a charitable deed. According to Islamic belief, one of the doors to Paradise is reserved for Muslims who fasted in obedience to Allah. Catholics are supposed to fast on Ash Wednesday and Good Friday, and may refrain from consuming a particular substance (traditionally, meat) in the interval known as Lent.

There is also a political side to fasting. During the American Revolution, when the Americans were losing, Congress called for a day of fasting and prayer. And Abraham Lincoln called for national prayer and fasting during the Civil War. In the early 20th century, many British suffragettes underwent a 30-day fast—a hunger strike—to show their belief that women should have parliamentary voting rights. In fact, Britain's Prisoners Act of 1913 was passed during the suffragette insurrections, thereby allowing the release of hunger strikers from prison so that they would avoid martyrdom at the hands of authorities. Mahatma Gandhi also fasted as a political protest against the British government. In 1996 the American Homeless Society sponsored a National Fast for the Homeless program, creating a schedule so that inhabitants in each state could fast for a day and contact their state governments to show their support for the rights of the homeless.

## Medical Benefits of Fasting

While fasting may be done for spiritual or political reasons, the physical benefits themselves are enough for many. Most Americans overeat—eating too often and consuming more protein and fat than they need. Therefore, fasting is good for treating problems that result from overnutrition rather than malnutrition. That's why digestive complaints such as constipation, *indigestion, diarrhea, fatigue, food allergies, and skin conditions* respond well to short fasts. You

might think of a fast as a vacation from eating—a time to rest your digestive system—including the stomach, intestines, pancreas, gallbladder, and liver. With less to process, the body is more efficient and can "catch up" on eliminating toxins stored in the colon, kidneys, bladder, lungs, sinuses, and skin. Your body gets a chance to relax and recharge. Blood and lymph systems more easily perform their detoxifying functions during a fast.

A majority of people can benefit from fasting, but there are a few folks who shouldn't try: the malnourished or undernourished; the underweight; pregnant or lactating women; infants; people with fatigue resulting from a nutrient deficiency or chronic degenerative diseases of the muscles or bones; people with eating disorders, who may overindulge in fasting and end up starving themselves; and those about to undergo surgery or who are in recovery. Experts are divided as to whether diabetics (Type I and Type II) should fast. If you're not sure, consult your health care provider.

When it comes to fevers, medical opinion, again, is divided. You should certainly keep up a high intake of liquids when you have a fever, as liquids cool the body and replace fluids lost by sweating.

While fasting is not a lasting remedy for weight loss, it can motivate the fasting person to more healthful changes in diet when the fast is over. Fasting to treat cancer is also controversial, since the devitalizing effects of cancer may have already weakened the body. Juice fasting is being investigated as a technique for cancer prevention and as a treatment for early cancer, since the fresh juices help detoxify and increase vitality.

## The Juice Fast

The most stringent form of fasting is taking only water. A juice fast, however, is recommended over a water fast by most practitioners and fasting clinics (unless you have religious guidelines you must follow). For the juice fast, fresh fruit and vegetable juices and herbal teas provide effective cleansing and some nutrient support as your body works to eliminate toxins that have been stored in your tissues.

According to Dr. Elson M. Haas, "Fresh juices are easily assimilated and require minimum digestion, while they supply many nutrients and stimulate our body to clear its wastes. Juice fasting is also

safer than water fasting, because it supports the body nutritionally while cleansing and probably even produces a better detoxification and quicker recovery." Whereas high-protein diets and fasts do burn fat and promote weight loss, the powders and foods add to the toxin buildup in the body and do not cleanse or rest the digestive system.

A primary obstacle to overcome with fasting is your cultural and psychological attachment to food. Fasting is not starvation, since the body turns to stored reserves of food. During the early stages of a fast, the reduced calorie intake causes the liver to use stored glycogen to produce glucose and energy. Glucose is important for the brain and central nervous system. When stored glycogen is used up, proteins are broken down into amino acids, two of which can also produce glucose. Less protein breakdown occurs with a juice fast. Body fat can be used for energy (ATP), but can't supply glucose. But fatty acids are a good source of energy that prevent protein loss.

It takes approximately 24 hours for your body to begin detoxifying organs and tissues and dumping toxins into your bloodstream. By the second or third day, your bloodstream may have ten times its normal amount of toxins, which may make you feel tired, irritable, and head-achy, as if you had a hangover. Hang in there, though. Generally, you will feel better after this period, although you may later experience other lows as your body finds more toxins to eliminate.

The first two or three days may be a struggle, but most people report feeling no hunger after the third day and instead experience an increase in energy. Headaches and irritability may occur, and the tongue may develop a coating that can be brushed or scraped off. Dress warmly, as your reduced caloric intake may leave you feeling chilly. Also, your blood pressure may fall a bit after a few days, so avoid standing up too quickly. But don't let these warnings make you think that you can't go to work—most people enjoy a renewed sense of energy during a fast. Experienced fasters have been known to run marathons while fasting and even improve their timing.

Do pay attention to your body during a fast. As your body works to eliminate toxins that have been stored for years, you may periodically experience bad breath, odorous

stools or urine, or skin eruptions, but these are temporary and evidence of the body's detoxifying work. If, however, a symptom lasts longer than two or three days at one time, it could indicate a problem not related to the body's cleansing. If a problem is severe, or if fainting, heart arrhythmia, or bleeding occurs, a doctor should immediately be consulted and the fast stopped.

Fasting may also affect your emotions and mental processes—for the better. For many people, fasting brings a sense of clarity and calm, and mental processes peak. A feeling of empowerment is not uncommon—one that may allow you to make changes in other aspects of your life. It's easier to adhere to a healthy lifestyle after a fast.

According to Dr. Haas, "Divorce, job changes, and moves are all more likely after fasts, because fasting often stimulates self-realization and change, enhances our potential, and leads us to focus on where we are going, rather than where we have been." (from a HealthWorld Online article on fasting at <http://www.healthy.com/clinic/therapy/fast/index.html>)

#### A Fasting Plan

If you're going to fast, have a plan. A progressive plan for fasting can be adopted by any healthy candidate who wants to fast, with new fasters taking a moderate approach and experienced fasters undertaking stricter programs. Extreme changes increase the risks, so the average meat-and-potato-eater shouldn't jump into a water fast.

Most of us fast daily already by not eating during the night until breakfast in the morning. This period can be extended by eating lightly or not at all in the evening or in the morning. A few days before the fast, try to eliminate some of the less necessary food habits from your diet, such as alcohol, caffeine, nicotine, and sugar, or even meat, eggs, or dairy products. You should also stop taking nutritional supplements the day before a fast and discontinue their use until after your fast. Many people eat only fruits and vegetables a few days before their fasts in order to ease into the detoxification process.

Other transitional plans can be used. People who are used to eating three meals a day plus snacks might try eating one wholesome, well-rounded meal per day in the afternoon, supplementing their diet with fruit and vegetable juices and herbal

teas at other times. A 36-hour fast from one evening until two mornings later can give you the opportunity to see what a short fast is like, although the first two days of any fast are the hardest.

Ideally, you should first try a one-day fast before moving on to a two- or three-day fast. Most experts agree that a two-day fast will not harm the body, though many believe that fasts lasting four days or longer should be supervised by a physician. Many people fast one day a week, or three days at a time each month, or twice a year, once they become proficient at it. Do not try a prolonged fast until you have successfully undertaken at least a half dozen shorter fasts.

Some people use enemas to flush waste from their lower intestines to aid in the cleansing process. Herbal laxatives, such as licorice root, rhubarb root, aloe vera, and buckthorn, may be taken. Others rely on the natural powers of juices and water to help the body cleanse itself. The following recipe is meant to cleanse the mucus from your digestive system.

#### Dr. Haas' Spring Master Cleanser

2 T fresh lemon or lime juice  
1 T pure maple syrup  
about 1 t cayenne pepper  
8 ounces of spring water  
Mix & drink 8-12 glasses a day.

Fresh-squeezed juice is best, taken shortly after squeezing. In general, diluted, fresh, organic fruit and vegetable juices are recommended. A limited amount of bottled juice is okay, but canned and frozen juices are not recommended.

Some juices are better than others for cleansing. The juices of apple, grapes, oranges, and carrots cleanse well but are not as good for weight loss as grapefruit, lemon, cucumber, lettuce, spinach, or parsley juices. The fruits and vegetables should be as fresh and chemical-free as possible. If not organic, they should be peeled, especially if they are waxed. A chlorine bleach bath may help remove some sprays.

#### Fruit Juices

The following is a list of fruit and vegetable juices and the organs and conditions for which they may be taken:

Lemon—liver, gallbladder, allergies, asthma, cardiovascular disease (CVD), colds  
Citrus—CVD, obesity, hemorrhoids, varicose veins

Apple—liver, intestines  
Pear—gallbladder  
Grape—colon, anemia  
Papaya—stomach, indigestion, hemorrhoids, colitis  
Pineapple—allergies, arthritis, inflammation, edema, hemorrhoids  
Watermelon—kidneys, edema  
Black cherry—colon, menstrual problems, gout  
Vegetable Juices  
Greens—CVD, skin, eczema, digestive problems, obesity, breath  
Spinach—anemia, eczema  
Parsley—kidneys, edema, arthritis  
Beet greens—gallbladder, liver, osteoporosis  
Wheat grass—anemia, liver, intestines, breath  
Cabbage—colitis, ulcers  
Carrots—eyes, arthritis, osteoporosis  
Beets—blood, liver, menstrual problems, arthritis  
Celery—kidneys, diabetes, osteoporosis  
Cucumber—edema, diabetes  
Garlic—allergies, colds, hypertension, CVD, high fats, diabetes  
Radish—liver, high fats, obesity  
Potatoes—intestines, ulcer

Make sure that exercise and fresh air are a part of your fasting plan; bed rest is not recommended. Now that you'll have more time, you can use it to meditate, take a walk, go for a swim, clean your house, keep a journal.

#### Ending a Fast

When do you stop fasting? Listen to your body. If your energy level drops and remains low, or if detox symptoms persist, it's time to end your fast, even if you haven't reached your goal.

Come off a fast the way you entered it—gradually, so as not to shock your system. Keep meals simple at first—a salad, soup, some steamed vegetables—and then add richer protein foods. If you find your system does not respond well to a particular food, avoid it for a week, and then eat it alone to see if it still has the same effect.

Finally, remember that fasting is not a competition. Fasting longer, working harder, or being more restrictive in nutrient intake does not make you more spiritual or more right than others. Remember that you're doing this for yourself—the body you've abused with nachos and soda pop and the psychological self that becomes ingrained in eating whether you're hungry or not. It's a new season, so clean up your act!

For more information of fasting, see: *Alternative Medicine: The Definitive Guide*, edited by James Strohecker; or see HealthWorld Online's section on fasting at: <http://www.healthy.com/clinic/therapy/fast/index.html>

# The Trail still needs your support

by K. Grinde

A recently abandoned railroad bed will soon serve as a safe recreational route along the Moscow-Pullman Highway. The Bill Chipman Palouse Trail (BCPT) is scheduled for construction sometime this summer, and the 10-foot-wide, paved path will stretch from Perimeter Drive in Moscow to the city play fields in Pullman.

The Trail will provide a great place for running, walking, bicycling, inline skating, even daily commuting. When the weather cooperates, you may even see some cross-country skiers there.

But the Trail still needs your support. A \$900,000 federal transportation grant (ISTEA) will help construct the BCPT, but an additional \$450,000 must be gathered through private support. Since the trail breaking took place last fall, more than \$316,000 has been raised, leaving a balance of \$136,000 to be raised by the end of June.

The Trail is named for Bill Chipman, a UI graduate and Pullman business owner, who died in January 1996, at the age of 51 in an automobile accident. He was a civic leader and strong supporter of both communities. Family and friends say the path honors not only his commitment to the communities, but also his deep belief in family.

If you'd like to donate to the Trail, please pick up one of the donation envelopes at the Co-op near the door to the parking lot or call me at 882-4268 for more information. And keep your eyes and ears open for more info on other fund raising events over the next few months.



THE CO-OP

# Bulletin Board

## at the Co-op ...

### Business Partner Program

**The Beanery** - 10% off the price of any meal at breakfast or lunch, 602 S. Main, Moscow

**Brown's Cooperstone Sports and Memorabilia** - 10% discount, 202 S. Main, Moscow

**Columbia Paint** - 20% discount and New Homeowner discount on window treatments, 610 Pullman Rd.

**KINKO'S** - 10% discount and free Co-op card lamination, East Side Marketplace.

**I-Hour Western Photo** - 10% discount on processing, 320 W. 3rd St., Moscow

**John A. Hauser, Global Portfolio Management** - 10% discount on investment advise, 126 S. Grand Ave., Pullman, 334-3351

**Paradise Creek Bicycles** - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703

**Moscow Yoga Center** - 10% off classes for new students, 525 S. Main St., Moscow, 882-8315

**Copy Court** - 10% off all services, 428 W. 3rd St, Moscow, 882-5680

**Northwest Showcase** - 10% off all purchase, 531 S. Main St., Moscow, 883-1128

**Pasta, Etc.** - 10% off all purchases, Eastside Marketplace, 882-4120

**The Globe - Gyros and World Food** - 20% discount of meals, NE 1000 Colorado, Pullman

**Hands of Health Massage** - 10% off massage, 204 E "D" St., Moscow

**Jo to Go** - 10 for the price of 7 on a prepay card, 730 Pullman Rd.

**Hobbytown U.S.A** - 10% discount on all purchases, 1896 W. Pullman Rd., Moscow, 882-9369

Please help by asking about details and showing your membership card before making purchases.

### Bulletin Board Announcements

Announcements of events, classes, give-aways, and non-profit sales will be printed here, at no charge, on a space-available basis.

#### Submit written

announcements by the 20th of the preceding month, to Beth Case at the Co-op or send to Beth's e-mail address: [bethc@uidaho.edu](mailto:bethc@uidaho.edu)

### Learn more about your public lands

public meeting with James Caswell, Supervisor of the Clearwater National Forest

Moscow Community Center  
Wednesday, April 9, 7pm  
more info at 882-1010

Celebrate Spring!

Moscow

### Renaissance Fair

Saturday, May 3 and Sunday, May 4  
East City Park, Moscow

Music onstage all day, both days. Free admission, free entertainment, tasty food, home-made crafts multi-generational fun for the family. Wear colorful, whimsical costumes!

### Spring Barter Fairs

Columbia Valley Barter Fair  
near Northport WA,  
April 11-13,  
509-732-8845 or  
509-732-6130

Ferry County Barter Fair  
on Curlew Lake, WA  
May 5-7  
509-684-6656 or 509-738-2853

## Chanticleer

April 1, 1997  
8 PM

Chanticleer, the renowned "orchestra of voices" will return to the Palouse for the final concert of this year's Auditorium Series at the University of Idaho. The program will include works by Josquin des Prez, Poulenc, Taverner, as well as folksongs and spirituals.

Tickets are available through Ticket Express (882-7212), and may be available at the door. Prices are \$8 for students, \$10 for senior citizens, and \$12 for general admission. Extra handicapped parking will be available in the Administration parking lot, and a van will transport patrons from the lot behind the School of Music to the auditorium.

### Bill Chipman Palouse Trail

\$136,000 still needed

Pledge today via envelopes found at the Co-op. Call 882-4268 for more info.

## Earthfest

April 26 and 27, 1997  
East City Park

Music, food, workshops, activities, and vendors. Find out about environmental issues, earthfriendly products, and sustainable alternatives.